



Building Resilient Relationships To Succeed In The Future Of Work

"The keynote was a big hit, and reignited our ability to accelerate as a team. We look forward to future ones again!"

- ENTERPRISE SALES, DOCUSIGN

Mandy is a sought-after keynote speaker, helping leaders and their teams thrive through the face of uncertainty in the future of work by strengthening their ability to collaborate, build resilient relationships, and overall succeed greater than they ever thought possible. In addition to having faced some of the most challenging environments in on the planet, Mandy has shared conversations with Lady Gaga and Rihanna while her career took shape in the broadcast world first, before branching off as a resiliency and workplace wellness expert.

Drawing on her experience of building and scaling one of the world's most effective behavior change apps, Healthy Habits, Mandy has one of the world's largest data sets focused on resilience, modifying behavior, and maximizing positive results. She shares authentic parallels between the principles she uses to succeed while climbing some of the highest peaks in Nepal and around the world, along with running 100km trail marathons. Mandy builds a compelling case for the uncontrollable environments in extreme adventure, and the ones that people face every day – at work, at home, and in their communities. Due to Mandy's commitment of levelling the playing field and opening doors for women across the globe she has twice earned a "Women of Distinction" award by the YWCA, and has recently completed Harvard's Leadership Program. Mandy brings high energy, motivation coupled with action, and provides audiences the roadmap and courage to achieve more than they ever thought possible.

"Mandy walks the walk and talks the talk of optimizing teams to reach new heights in performance. Her creativity is different from the typical philosophies."

- FOUNDER, DLCCG





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Resilience Appears When The Plan Disappears

How can we overcome uncertainty in the future of work?

People who thrive in uncertainty know just as much about the future as those who fail in it – nothing. The difference between these two groups is one trait, one characteristic, and one muscle they tirelessly work on to help them navigate tomorrow – resilience. Resilience empowers performance, possibilities, and overall success. For over a decade Mandy Gill has studied what separates successful individuals and teams from those that simply aren't. She's uncovered that high performing teams do not exist without a collective of purpose driven individuals. Instead of having a negative outlook, rigged thinking, and the inability to solve problems due to ineffective collaboration strategies, Mandy knows and teaches that those that are adaptable, start with the end in mind, are self aware, and persistent shape into resilient individuals. Only from that foundation can they create a team that will rocket into the future. Resilience doesn't begin at the team level, resilience begins with you. How do we develop these foundational components of resilience to empower our teams for success? Mandy will show you exactly how.

In this engaging, thought-provoking, and actionable keynote, expert and soon-to-be-author Mandy Gill shares her research from coaching over 10,000 clients. She has perfected the process for helping everyday individuals reach extraordinary goals and results – no matter the environment. Just because the world around us is becoming increasingly busy and distracting, doesn't mean that we can't filter through the noise and build our best teams yet.





Reach New Heights In Performance While Minimizing Burnout & Friction With RACE PACE

Achieve Tomorrow's Goals While Navigating Today's Distractions

In an endlessly distracting, overcommitted, overstretched world, we are constantly fighting distractions, pushing limits, and working tirelessly to get things done. Due to a sea of busyness, leaders and their teams are losing momentum on short and long term goals, or worse, not even starting them, because they don't have the tools to identify where and when noise-reduction is essential for success. Which is causing burnout, poor tenure, and a lack of meaningful productivity. How do we effectively prioritize, filter noise, and get ahead with as much energy and collaboration as possible? Welcome to learning how to fuel your focus with RACE PACE™.

In this energetic, action-orientated keynote, Mandy Gill shares over a decade of her research while educating audiences on how to accelerate clarity and focus, eliminate paralyzing distractions, filter fear, and achieve a new level of collaboration, communication, and team effectiveness. Worldwide, Mandy has coached thousands of clients through a system she developed called RACE PACE™. In this keynote Mandy breaks down the proven method that unlocks leaders and their teams optimal personal and professional performance capacity. All while ensuring a positive mental and physical state that will sustain long term growth in all areas of work and life.

"What an inspirational keynote. Not only did it make me correct my course of action for today, but for the future of myself and my team. There was such value in the discussion to show up, and use key tools to not let fear get in your way."

- GOVERNMENT OF CANADA,
SENIOR ECONOMIST,
PHD



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